Motivating Mississippi: Keys to living healthy







Goals and Objectives

- Improve health of the population
- Improve specific risk factors
- Decrease health care costs
- Keys to success:
 - Intervention health campaigns and challenges, coaching, etc
 - Participation engagement
 - Achieving a Culture of Health folks think of health as a core value of the State of Mississippi



Motivating Mississippi



State & School Employee's Health Insurance Plan



Motivating
Mississippi –
Keys to living
healthy



Health Quotient



Annual Preventive Exam

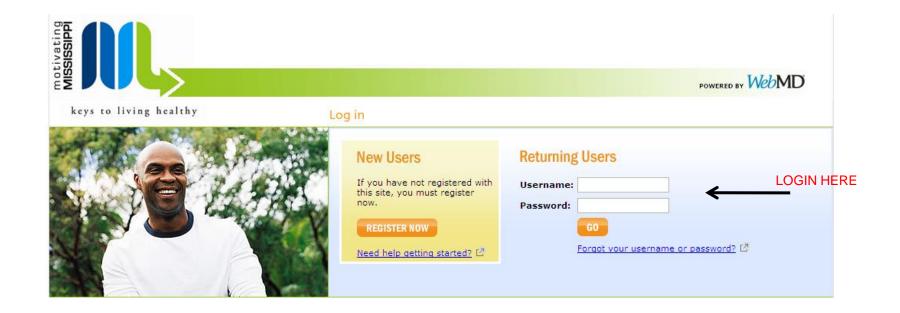


Lifestyle Improvement Program



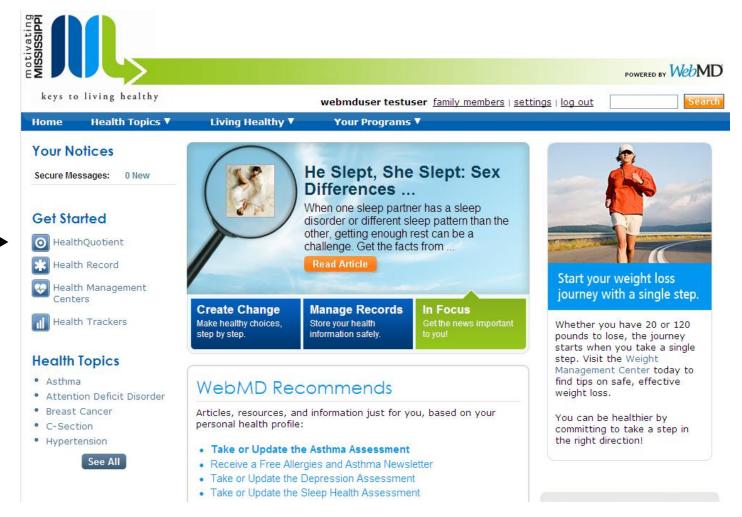
Motivating Mississippi Login Screen

www.webmdhealth.com/mississippi





Getting Started

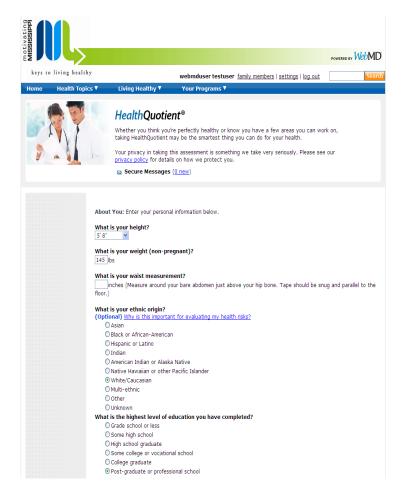




CLICK HERE

FOR HQ

Complete and Review your HQ







Know Your Benefits

- You are eligible for your Wellness/Preventive benefit after your HQ is completed *
- Wellness /Preventive benefits are determined by age and gender, includes two visits, and no cap
- Your provider must be in the AHS Network for services to be covered
- Know your other Plan partners including BCBSMS, Catalyst, etc.
- Locate a description of your wellness benefits by going to http://knowyourbenefits.dfa.state.ms.us

^{*}Your covered spouse and dependents over the age of 18 must also complete a HQ for Wellness Benefits eligibility.



Lifestyle Improvement Programs (LIP)

Take advantage of the online Lifestyle Improvement Programs

- Emotional Health
- Exercise
- Nutrition
- Smoking Cessation*
- Stress Management
- Weight Management

*Benefits are provided for up to \$350 for approved tobacco cessation prescription drugs.



Telephonic Health Coaching

Telephonic health coaching is available for all employees who have completed their HQ

- 12-month program
- Telephonic health coaching
- Confidential and convenient- appointments take place at times chosen by the participant
- Sign-up before December 31, 2010
- Program will only be available to those who signup in 2010



Next Steps . . .

- Contact your "Site Champion" if you need additional help accessing the HQ
- Visit <u>www.webmdhealth.com/mississippi</u> for more health topics, healthy articles, and symptom checkers
- Explore the website and become familiar with the tools that are available to you and your family
- Become a healthier you by making small changes in your life and taking one step at a time on the road to becoming healthy



Communications

- Annual communication plan
- Regular communications
 - State and School Employee's Health Insurance
 Plan
 - Wellness Coordinators
 - Registered users
- Campaigns



Evaluation

- Review HQ completion by employer units
- Identify population health risks
- Utilize data streams to identify high-need areas
- Review web site usage and click throughs
- Customer satisfaction



Motivating Mississippi 2011

- Annual communication plan
- Site Champion training
- Wellness Coordinator's presence
- Healthy recipes on web site
- More healthy events at your location
- More details to come!



Your Wellness Coordinators

If you need help with your HQ or have any questions regarding the health and wellness campaigns, please contact your "Site Champion".

For additional information you may contact your Motivating Mississippi Wellness Coordinators:



Jennifer Thomas at jcthomas@webmd.net

Or



Murray Harber at mharber@webmd.net

